

Stone Soup Gazette

Orange County Health Needs Assessment

Volume 7, December 1998

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Stone Soup Gazette

Happy Holidays and a Healthy New Year to all!



The staff of the Stone Soup Gazette and the members of OCHNA wish everyone a happy and healthy holiday season. In keeping with the spirit of OCHNA's mission and the philosophy and concept of Stone Soup, we dedicate our December issue to the community of Orange County and to those reaching out to lend a helping hand to our families, children and seniors. This issue is packed with ideas and functions that provide an opportunity for donating time, money, toys, clothes and basic necessities and nourishment to others in our own backyard.

As we celebrate the holidays, attend parties and socialize into the new year, why not:

- * Have your party guests bring a new unwrapped toy for donation.
- * Ask your office colleagues to join in providing a holiday meal by "adopting" a family.
- * Volunteer at a Senior's Center and spend a little time with our elders. Don't forget to bring along your own children, parents and grandparents.
- * Send a monetary donation to your favorite charity, cause or non-profit project.
- * Hug your kids, kiss your parents, cuddle the family pet and celebrate what you love about your life.
- * Take a friend to lunch.
- * Remember your staff, boss and clients with kind words and even kinder thoughts.
- * Carry the spirit of hope, commitment and good will into the new year and beyond.
- * And, most important, make these acts of caring not a seasonal phenomenon, but a foundation for living your life throughout the year.

Chanukah

THE FESTIVAL OF LIGHTS

Chanukah is a Jewish holiday commemorating the recapture of the Temple on Mount Moriah in 165 B.C.E. after a battle between the Greeks and the Jews, led by Judah. Upon reclaiming the Temple, they rekindled the eternal flame, which was to keep burning at all times. Although they had only enough oil to last one day, the oil miraculously sustained the flame for eight full days and nights up to the time more oil could be brought. Today, the lighted candles of the menorah serve as a reminder of the ancient miracle and bring inspiration in daily living. This year, Chanukah begins at sundown on Sunday, December 13th and concludes on Sunday, December 20th.

DID YOU KNOW...?

THE MEANING BEHIND KWANZAA

The Kwanzaa festival is an African American celebration of life, taking place from December 26th through January 1st each year. This non-religious holiday celebrates, through activities taking place over the five-day festival, the importance of values and principles common to everyone.

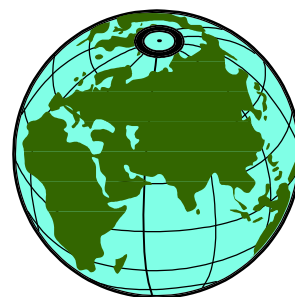
Seven principles (referred to as nguzo saba) are related to the celebration of Kwanzaa and a commitment to cultural traditions and values. These seven principles are:

UNITY
SELF-DETERMINATION
COLLECTIVE WORK AND RESPONSIBILITY
COOPERATIVE ECONOMICS
PURPOSE
CREATIVITY AND
FAITH

Seven candles (colored green, red, and black to represent the colors of the flags in the black liberation movement) are placed in the kinara (a candle-holder) to represent each principle. Over the five-day celebration, participants rejoice in activities and events exemplifying five common values.

- **INGATHERING** - Reinforcing the bonds of African Americans
- **REVERENCE** for the creator and creation, divine, nature, society and humanity.
- **COMMEMORATION** of the past, including ancestors, heroes, family and friends.
- **RECOMMITMENT** to the seven principles, cultural ideals, cultural traditions and values.
- **CELEBRATION** of the good.

Gifts are exchanged and, on December 31st, participants celebrate with a banquet of cuisine from different African countries. This cultural holiday provides a means for people of African descent all over the world to reaffirm their African heritage and culture.



WWW.OC.CA.GOV/OCHNA/

Visit our web page and check out what is new and exciting as we venture forth on our quest for a healthier community. If you have questions, suggestions or wish to get involved, please contact Pamela Austin, Project Manager, at the Healthcare Assoc. of Southern California (714) 677-7155, ext. 16, or e-mail her directly at paustin@hasc.org

Season's Greetings®

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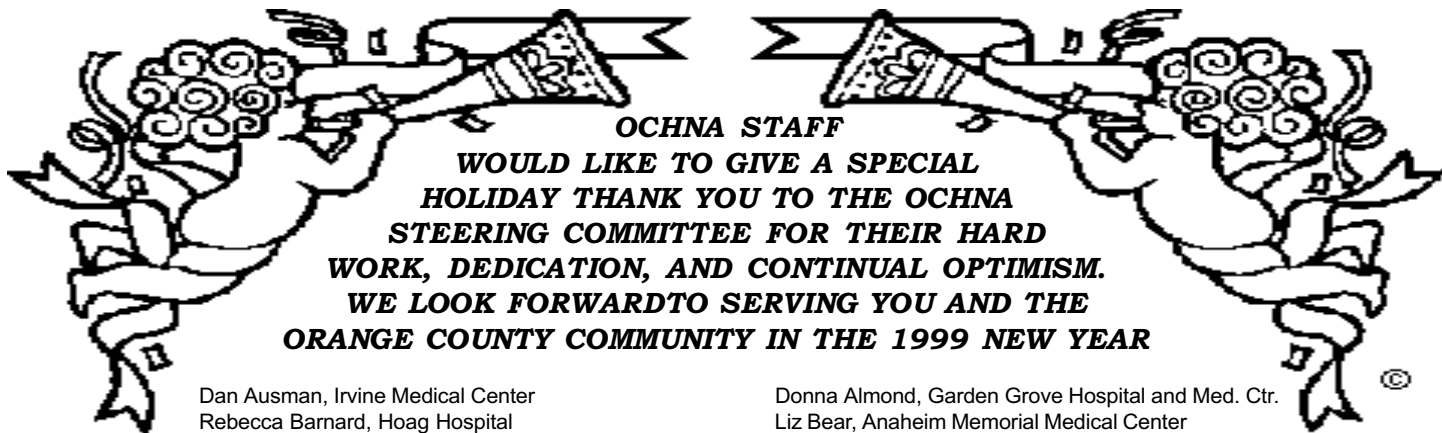
The Stone Soup Gazette is the official Newsletter of the Orange County Health Needs Assessment Project. This is a monthly publication. We welcome your comments, concerns or suggestion. Deadline for articles is the 10th of the month.

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Gustavo Valdespino, Los Alamitos Medical Ctr.
Dana Woods, Martin Luther/La Palma Intercommunity Hosp.

***WE WOULD ALSO LIKE TO EXPRESS OUR APPRECIATION AND RESPECT
FOR THE FOLLOWING INDIVIDUALS AND ORGANIZATIONS WHOSE LEADERSHIP,
SUPPORT AND ENTHUSIASM HAVE NOT ONLY MADE THE OCHNA PROJECT
POSSIBLE, BUT ALSO A FUN AND REWARDING PROCESS.***

OCHNA Co-Chairs
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Jon D. Gilwee and Staff

The California Endowment OC Community Foundation
Cyndi Chung Mi Choi Judy Swayne and Karen Kallay

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Stone Soup Gazette, Volunteer Editor



Who Is Santa Claus?

Our current conception of Santa Claus may seem far removed from the “real Santa,” St. Nicholas of Myra the patron saint of Moscow. Taking a closer look we find that the Santa Claus of today and St. Nicholas of Myra actually share many ideals such as gentleness, sharing, celebration, miracles, and a love of children. Our modern day Santa Claus began to emerge during the civil war, when a political cartoonist by the name of Thomas Nast drew a caricature of a Santa Claus wearing a red, white, and blue suit, bearing gifts. Later, in 1823, Dr. Clement Moore furthered our current picture of Santa through a story written for his children, which is near and dear to many of our hearts, ‘Twas the Night Before Christmas. Since Clement’s story, Santa Claus has changed relatively little, but he has been joined by his friends, Frosty the Snowman and Rudolph the Red Nosed Reindeer.

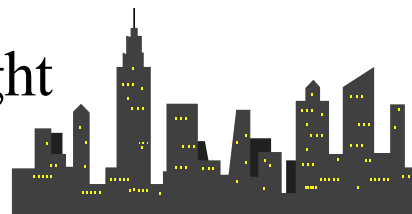
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Community Highlight



SOUTH COAST MEDICAL CENTER HELPS OUT PROJECT DIGNITY

By: Heather Clifford, Project Assistant - OCHNA

This Holiday season, South Coast Medical Center is lending a helping hand to Project Dignity, a program focused on aiding the families and children caught in the trap of motel living. Project Dignity was founded by Linda Dunlap who took notice of these families and became concerned that they did not receive enough attention from social service providers. They are forced to start living in a motel for a multitude of reasons but are forced to stay by a common cause. Although the cost of living in motels is oftentimes actually higher than apartment living, bills are paid on a weekly basis, and families living week to week are unable to come up with the necessary resources to transition to the monthly bills associated with an apartment.

South Coast Medical Center employees chose Project Dignity for their holiday project and launched "Holiday Happy Pacs" for "Project Dignity." The Holiday Happy Pacs are to contain necessity items such as toothbrushes and toothpaste, hairbrushes, shampoo, soap, razors and shaving cream, and socks for the families. A Christmas tree located in the cafeteria of the medical center, appropriately named the "Dignity Tree," was adorned with paper ornaments cut in the shape of happy snowmen containing information on specific gift items and the amount of that item needed. Employees had an opportunity to select ornaments off of the tree and bring in the items needed. South Coast employees emptied the tree, many selecting more than one ornament, and brought in much needed donation items to the collection bins.

South Coast Medical Center reached their goal of providing 50 "Holiday Happy Pacs" (enough to help out 20 adult men and women, 16 teenage boys and girls, and 14 children) for motel families in the San Clemente and Dana Point area. They even provided additional items such as coloring books and crayons and Christmas cookies and candy to help bring the families a merrier, more comfortable holiday. The Orange County Health Needs Assessment applauds the efforts of South Coast Medical Center and their employees, made in the tradition of the Stone Soup Gazette, to help improve the condition of the entire community.

OCHNA

c/o HASC
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Santa Ana, CA 92705



COMMUNITY OPERATION SANTA CLAUS DRIVES

Every year Operation Santa Claus helps bring a merrier Christmas to over 26,000 needy children and senior citizens. Let us make this year even better by remembering those in need and donating toys, money, and other gifts to seniors and children in our community. A number of Operation Santa Claus related drives are taking place throughout the county are listed below.

TOY AND GIFT COLLECTIONS

College Hospital in Costa Mesa is organizing an operation Santa Claus Toy Drive to benefit needy children. New, unwrapped toys can be dropped off
December 1st through December 18th at College Hospital Costa Mesa, located at:

301 Victoria Street, Costa Mesa

For more information on how you can help out, please contact
Melissa Sproul, MSW at 949/642-2734.



The County of Orange is accepting donations of toys and gifts (with special need for infant and teenage appropriate items) at their New Operation Santa Claus Christmas Store located at:

1928 S. Grand, Building C, in Santa Ana

Donations can also be dropped off at Operation Santa Claus **collection boxes located in most county buildings and Orange County Fire Stations.**

For more information on how to donate, call **714/778-3383.**

Senior Santas! The County of Orange is helping to make the lives of seniors and disabled persons receiving services from the county both more comfortable and safe by aiming to fulfill a special request for the recipient. You can help out too by adopting a senior or disabled person. Call Senior Santas at 714/566-3117.

MONETARY OR GIFT CERTIFICATE DONATIONS

Gift certificates and money orders will be used to purchase items for seniors and teens in need. Please make checks or money orders payable and mail to:

**SSA Operation Santa Claus
888 N. Main**

Santa Ana, CA 92701

For additional information on making a donation please call 714/245-6053.

GIFT DRIVE BENEFITING ADULTS WITH PSYCHIATRIC DISORDERS



The Mental Health Association of Orange County is collecting gifts such as t-shirts, toiletries, games, books, etc. for needy adults suffering from psychiatric disorders who take part in the Mental Health Association's day program. The day program assists the adults by helping to provide medication, clothing, meals, and showers to those in need. The gifts collected from this drive will be presented at the Christmas Eve party for People with Mental Illness at the Homeless Program in Santa Ana. Donations will be accepted from **December 10th –23rd** and can be dropped off or mailed to the following address:

**Mental Health Association of OC
820 Town and County Road
Orange, CA 92668**

If you are interested in donating and would like more information, please contact **Sheryl at 714/547-7155**

BLACK AND WHITE BALL HOSTED BY 100 BLACK MEN OF ORANGE COUNTY

This charity event is being held on Monday, December 21st, at the Hyatt in Irvine. Over 800 people are expected to attend the ball in an effort to raise money for the Passport Program benefiting Orange County High School Students. Tickets are available and corporate donations are being accepted. If you are interested in purchasing tickets to the Black and White Ball or would like to make a donation, please contact:
Ron Wright, DDS at 714/963-07272.

HOLIDAY CANNED FOOD DRIVE HOSTED BY THE NEUROPSYCHIATRIC CENTER AT UCI MEDICAL CENTER

A fundraiser is being held in order to provide food for the needy over the holidays. Canned goods can be dropped off from November 23, 1998, through December 18, 1998, at the Neuropsychiatric Center at UCI Medical Center.

The Neuropsychiatric Center at UCI Medical Center is located at 101 The City Drive, Building 3, Route 88 in Orange. If you have any questions about this food drive, please contact
**Rhonda Hodges, Psych Administrator at
714/456-5803**

